

WISCONSIN BEHAVIORAL RISK FACTOR SURVEY, 2004

The 2004 Wisconsin Behavioral Risk Factor Survey (BRFS) provides information based on responses from 4,503 adults aged 18 and older. Results are weighted to represent the overall population of Wisconsin adults living in households with telephones.

PERCEIVED HEALTH / HEALTH-RELATED QUALITY OF LIFE

	<i>All Adults</i>		<i>18-54</i>		<i>55 +</i>	
	%	(+/-)	%	(+/-)	%	(+/-)
Health in general is:						
Excellent or Very Good	59	2	65	2	44	3
Good	29	1	27	2	35	3
Fair or Poor	12	1	8	1	21	2
Number of days during the past 30 that						
Mental health was not good:						
0 days	64	2	57	2	79	3
1-5 days	23	2	27	2	13	2
6-30 days	14	1	16	2	8	2
Physical health was not good:						
0 days	65	2	64	2	65	3
1-5 days	21	2	24	2	12	2
6-30 days	15	1	12	2	22	2
Poor health prevented doing usual activities (persons with 1+ days poor mental/ physical health):						
0 days	67	2	68	3	65	4
1-5 days	18	2	20	3	14	3
6-30 days	14	2	12	2	21	4

(+/-) = 95% confidence interval

TOBACCO USE

	<i>All Adults</i>		<i>18-54</i>		<i>55 +</i>	
	%	(+/-)	%	(+/-)	%	(+/-)
Current cigarette smoker *	22	2	26	2	12	2
Percent of smokers who quit smoking one day or longer in past year	53	4	56	4	37	8

OTHER RISK FACTORS FOR CHRONIC DISEASE

Overweight or obese (BMI) † *	58	2	55	2	64	3
No leisure-time physical activity in the past month	18	2	15	2	25	3
Servings of fruits and vegetables consumed per day:						
...Less than 1	6	1	8	1	3	1
...1-2	38	2	42	2	29	3
...3-4	33	2	31	2	39	3
...5 or more	23	1	20	2	29	3

CHRONIC DISEASES DIAGNOSED

Arthritis	27	2	16	3	54	4
Diabetes	6	1	3	1	13	2
Asthma	12	2	13	2	10	2

ORAL HEALTH

Saw a dentist for any reason in the past year	76	2	77	2	75	2
Have lost any (or all) permanent teeth due to decay/gum disease	38	2	26	2	67	3
Teeth cleaned by a dentist or dental hygienist in the past year	75	2	74	2	77	3

* See Technical Notes
† Body Mass Index

FINDINGS FOR SELECTED YEARS

	2004		2003		2002	
Immunization and Screening	%	(+/-)	%	(+/-)	%	(+/-)
Flu shot in past 12 months (65+)	74	3	72	3	74	3
Mammogram in past year (F 50+)	59	3			66	3
Sigmoid/Colonoscopy ever (50+)	59	3			56	2
Selected Behavioral Risks by Sex						
Current cigarette smoker	22	2	22	1	23	1
<i>Males</i>	25	3	24	2	25	2
<i>Females</i>	19	2	20	2	21	2
Overweight or obese (BMI) † *	58	2	59	2	58	2
<i>Males</i>	69	3	69	2	68	2
<i>Females</i>	47	3	47	2	48	2
Consumed five or more alcoholic drinks on one occasion (<i>binge drinking</i>), past month	22	2	24	1	25	1
<i>Males</i>	30	3	33	2	36	2
<i>Females</i>	13	2	15	1	14	1
Drove a motor vehicle during, or within a couple of hours of, most recent binge drinking episode, past month	17	3	16	3		
<i>Males</i>	21	5	18	3		
<i>Females</i>	8	4	12	4		
Heavy alcohol consumption	7	1	9	1	8	1
<i>Males (>60 drinks, past month)</i>	9	2	9	2	10	1
<i>Female (>30 drinks, past month)</i>	6	1	8	1	6	1

Note: Shaded areas indicate years when content items were not on the survey.

TECHNICAL NOTES

The Behavioral Risk Factor Survey (BRFS) is a representative statewide telephone survey of Wisconsin household residents 18 years and older. Results are based on self-reports from respondents who are selected through a stratified random sample. Results are weighted to account for non-response and sample design, and to adjust for the age-sex distribution of Wisconsin’s population. The survey was designed by the Bureau of Health Information and Policy (BHIP) in the Department of Health and Family Services, in cooperation with the U.S. Centers for Disease Control and Prevention’s Behavioral Surveillance Branch. Wisconsin BRFS telephone interviews were conducted by the University of Wisconsin Survey Center.

Of the Wisconsin BRFS respondents who reported their age in 2004, 2,857 were 18 to 54 years old and 1,603 were 55 or older.

Columns labeled (+/-) indicate the 95% confidence interval associated with each estimate. For example, for all adults whose health is excellent or very good (59%), there is a 95% chance that the actual percentage falls within the range of plus or minus 2 percentage points (57%-61%).

- The Centers for Disease Control and Prevention provided the following definitions:
- **Overweight and obesity** are defined by the Body Mass Index (BMI), a calculation (weight in kilograms divided by height in meters squared) using self-reported height and weight. BMI of 25.0 to 29.9 is considered overweight; BMI of 30 or greater is considered obese. Estimates of these may be slightly low, as more than 3% of BRFS respondents, primarily women, do not report their weight.
 - **Current smokers** are those who smoke currently, either every day or only some days, and have smoked more than 100 cigarettes in their lifetime.
 - A **drink** of alcohol is defined as one can or bottle of beer, one glass of wine, one can or bottle of wine cooler, one cocktail, or one shot of liquor.
 - The prevalence of **diabetes** is likely to be an underestimate because a significant proportion of adults has never been tested.

Differences in estimates between years, age groups, or sexes may not be statistically significant. For additional information about the BRFS, contact the BRFS Coordinator, Anne Ziege, at ziegeal@dhfs.state.wi.us or 608-267-9821. For other health data, visit the BHIP Health Statistics Web site at <http://dhfs.wisconsin.gov/stats/index.htm>.

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BEHAVIORAL RISK
FACTORS

2004